

Employee Assistance Program

1-800-852-3345, Ext. 4336 or 271-4336

Boosting Your Kids' Self-Esteem

The following statements are proven boosters to kids' self-esteem.
Keep a copy of this list where you can read it every day.

I listen to my kids and acknowledge their feelings.

I am clear and consistent about discipline. I use "I" statements to express my thoughts and feelings and I avoid "you" statements that blame, shame, label, or ridicule my kids.

I use the same good manners with my kids that I would with an adult. This means saying "please" and "thank you."

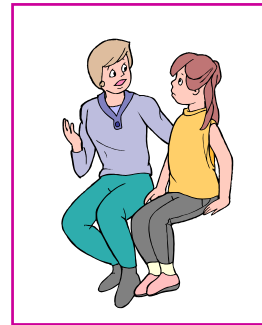
My behavior with my kids leaves no doubt in their minds that they are loved.

I trust my kids and I always keep my promises so my kids will trust me too. I don't make promises I can't keep.

I am quick to compliment my kids.

I am teaching my kids right from wrong.

I help my kids to set their own goals.



I understand that my kids and I will both make mistakes. I am not afraid to say "I'm sorry" when the mistake is mine.

I encourage my kids to be independent, but I make sure I'm available if they need me.

I am teaching my kids valuable lessons such as problem solving, communication, sharing, and respect for themselves and others.

I honor each of my kids' unique abilities and personalities, allowing them to be different.

I encourage my kids to pursue what they're good at, not what I wish they were good at.

I refrain from comparing my kids to someone else, even to a sibling.

I take care of myself so I have plenty of energy for my kids.

